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**FAMILY CARDIO ROOM**

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This instruction outlines the operation of the Family Cardio Room and offers information for James Sports Center patrons; ensures children (Ages 5-10) are not exposed to dangerous exercise equipment; affords parents the opportunity to receive a quality fitness workout. The concept of this publication is based on the parent or legal guardian being responsible for their children. Age limitations for the use of the James Sports Center outside the Family Cardio Room are in accordance with AFI 34-266, *Air Force Fitness and Sports Programs*, Table 1.1. (Attachment 2). The Air Force and the facility employees will not assume responsibility for children in the Family Cardio Room or James Sports Center.

**1. Responsibilities.** The 375th Services Squadron Commander is responsible for establishing guidelines and requirements for using the Family Cardio Room. The James Sports Center staff is responsible for ensuring parents or legal guardians have access to the rules/procedures and maintain the James Sports Center equipment. Parents or legal guardians are responsible for direct supervision of their children at all times while using the Family Cardio Room.

**2. Policies.** The policies listed below are to ensure maximum safety of the children. The environment of the Family Cardio Room stimulates and involves children, so parents or legal guardians can have a quality fitness workout.

2.1. Parents or legal guardians must supervise their children while using the Family Cardio Room. The maximum time per visit is 1 hour. Parents or legal guardians must remain in the Fit and Fun Room with their children.

2.2. Children (Ages 5-10) may use the play area. The environment is primarily focused on the interests and needs of children (Ages 5-6). However, children (Ages 7-10) are allowed, but parents must ensure the older children are under control to prevent injury to younger children.

2.3. Parents or legal guardians will sign their children in each time they use the play area. A copy of the rules and disclaimer will be available for parents or legal guardians to review each time they sign

in. The parent's or legal guardian's signature on the sign-in sheet will be considered an acknowledgment of intent to abide by the rules and waives the government or facility staff of responsibility in case of an accident or injury.

2.4. Sick children are not allowed to use the Family Cardio Room. A child may not use the playroom if he or she displays symptoms of a contagious disease or did not attend daycare or school. Parents or legal guardians will ensure the following conditions or symptoms do not exist: cold, fever of 101 degrees or higher in the past 24 hours, constant cough, taking antibiotics, diarrhea, or abnormal disposition in the first 24 hours.

2.5. In case of a fire alarm, gather your children immediately, follow the designated exit signs, and proceed outside the building.

2.6. Children must be accompanied to and from the play area by a parent or legal guardian for safety reasons. The parent or legal guardian will accompany the children to and from the restroom as well.

2.7. Parents or legal guardians and children may not bring food, drinks, bottles, or personal play items into the Family Cardio Room. This ruling will ensure sanitation, prevent the possibility of allergies, or younger children choking on small items brought into the facility. Books without removable parts may be brought in the facility.

2.8. Toys and play materials will be available in the room. If a parent or legal guardian finds a broken toy or play item in the area, please remove the item and bring it to the James Sports Center's service counter.

2.9. If a piece of fitness equipment is malfunctioning, bring it to the attention of the James Sports Center staff immediately.

2.10. Children must be fully dressed at all times, to include closed toe shoes, when using the Family Cardio Room.

2.11. The parents or legal guardians of unruly children will be requested to leave the facility.

2.12. Parents must clean, sanitize, and organize the Family Cardio Area before leaving. Please use the solution mounted on the wall marked for children's equipment to clean mats and other articles. The James Sports Center staff will daily sanitize the play area, to include handles on the gates, children's tables, etc.

2.13. The TV/VCR/DVD is provided for the children. All movies brought from home must be "G" rated. The TV is not provided for the parents' convenience.

2.14. Parents, legal guardians, or children who violate play-area policies and procedures may be denied future use of the Family Cardio Room or James Sports Center.

2.15. The room is available during normal operating hours of the James Sports Center, Mon-Fri, 0600-2300, weekends and holidays, 0800-1800.

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